

## **Historic, archived document**

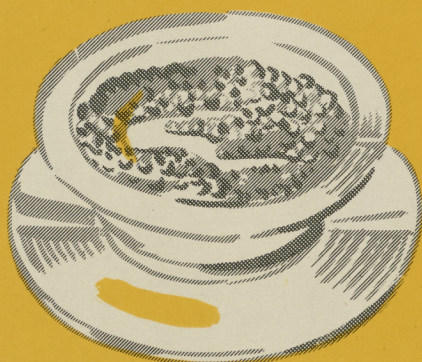
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1.8  
H75N  
1946

# THIAMINE (vitamin B<sub>1</sub>) . . . needed by body cells to use carbohydrates



BREAD AND CEREAL  
WHOLE-GRAIN  
ENRICHED



LEAN  
PORK



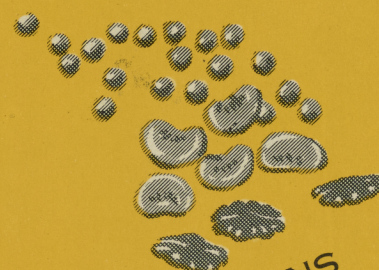
MILK



FRESH VEGETABLES



DRY BEANS  
AND PEAS  
NUTS



This rat, 24 weeks old, had practically no thiamine. It has lost the ability to coordinate its muscles.



The same rat 24 hours later, after receiving a food rich in thiamine. It has already recovered.